

THE ROLE GENE'S PLAY IN HYPERMOBILITY

Genes that are Responsible for Collagen Protein Production are Linked to Hypermobility Traits

About 10%-15% of Children Have Hypermobile Joints that Can Move Beyond Normal Range of Motion.

Joint hypermobility syndrome is a condition that allows joints to easily move beyond the normal range. While many find hypermobility to be an advantage of everyday life, there can be severe issues stemming from the syndrome and complications can hinder an individual's quality of life.

Please use this guide as a resource for knowledge and understanding of hypermobility causes, symptoms, diagnosis and treatment.

01 | Causes

Joint hypermobility can be a symptom of a rare, inherited, more significant medical condition called Ehlers-Danlos syndrome (EDS), which is characterized by weakness of the connective tissues of the body. Joint hypermobility is commonly seen in people with Down syndrome and Marfan syndrome.

02 | Symptoms

Frequently, there are no long-term consequences of joint hypermobility syndrome. However, hypermobile joints can lead to joint pain, tenderness and connective tissue issues. Over time, joint hypermobility can lead to degenerative cartilage and arthritis. Certain hypermobile joints can be at risk for injury, such as sprained ligaments. The skin and internal organs may also be affected, as connective tissue is found in all areas of the body. For some, this can cause additional problems involving the gastrointestinal system, the autonomic nervous system and problems with bladder function.

03 | Diagnosis

Joint hypermobility syndrome is diagnosed by examining affected joints and noting that they easily move beyond the normal range expected. For example, the middle of the fingers may bend backward more than usual. There is no blood test for hypermobility syndrome. The medical provider will

check for other symptoms that suggest a more widespread syndrome associated with hypermobility. Medical providers may also conduct other exams and/or blood tests to rule out genetic or rheumatic disease.

04 | Treatment

Treatments are customized for each individual based on their particular conditions, symptoms and complaints. Joint pain can be relieved by medications for pain or inflammation. Proper physical fitness exercise should be designed to avoid injury to joints. Home remedies include home exercises and acetaminophen, as needed. Sometimes physical therapy can help with rehabilitation of injured areas and can be especially helpful to prevent re-injury.

For more information on Hypermobility and effects on day to day living, please visit: <http://hypermobility.org>

***Did You Know?
Hypermobility is typically
inherited***

References

http://www.medicinenet.com/hypermobility_syndrome/article.htm

<http://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Hypermobility-Juvenile>